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FACT SHEET ON BREAKFAST

The problem: Encourage the worker to get off to a good start with a nutritious breakfast. One study showed that only about one person in five eats a really nourishing breakfast. One of the objectives of the War Food Administration's Industrial Feeding Program is to encourage workers to eat a substantial breakfast, and reports indicate that progress toward this goal is being made.

Why: Breakfast revitalizes and refuels the body after the long hours of fasting. At the time of waking, muscular efficiency is at low ebb. Frequency of meals, as well as the proper selection of food, supplies what it takes to stay on the job. Good meals help to keep you on your toes, make you feel your best, and make you look your best. Breakfast dodgers are in a bad habit rut, and a costly habit it is, too, because it may take its toll in strength, energy, and in accidents caused from fatigue.

Breakfast may well supply about one-third of the day's food requirements for the worker. It is not enough to drink a cup of coffee in the morning, delicious and stimulating as it may be. It may help to dissipate the grogginess, but it won't give you energy when there's a job to be done. Neither will the simple breakfast of fruit juice and coffee give you the nourishment that you need. Although fruit juice is an important item in a good breakfast menu, it must be combined with other essentials to make a nourishing whole.

What: Here is one plan for a good breakfast:

- **Citrus fruit or tomato juice - fresh or canned.
- **Cereal - natural whole grain, or restored.
- **A protein-rich food - eggs, or a combination of eggs, bacon, ham, or sausage.
- **Toast, muffins, or bread - enriched or whole-wheat.
- **Butter or fortified margarine.
- **Milk for cereal.
- **Beverage.

Start with citrus fruit. This year's crop of citrus fruit is the largest on record. The per capita supply will be 5 to 10 percent greater than that of last year.

Loaded with vitamin C, citrus fruit is one of the best sources of this vitamin -- known as the anti-scurvy vitamin. It is true that cases of scurvy are rare in this country, but chronic, moderate deficiencies of vitamin C in the daily diet may lead to increased susceptibility to infections, slowness in the healing of wounds, and unhealthy gums.

One orange, one-half grapefruit, 3 ounces of orange juice (fresh or canned) or 4 ounces of grapefruit juice (fresh or canned), will provide one-half or more of the day's vitamin C need. Ten ounces of tomato juice will contribute

the same amount of vitamin C. Get the citrus juice or tomato juice habit for breakfast and you will be well on your way to your daily vitamin C requirement. Cantaloup or strawberries are good summertime variations.

Surveys indicate that a large percentage of workers do not get their daily requirements of vitamin C. In a recent checkup, a day's diet records were obtained from samplings of the population in each of the 48 states. Forty-five percent of the persons questioned had eaten no citrus fruit or tomatoes at any time during that day. In Kansas, a study of 78 industrial workers showed a vitamin C intake that ranged from 39.7 percent to 84.7 percent of the recommended allowances. Even in the citrus belt of Southern California, where the diet of 1,170 male aircraft workers was studied, the vitamin C in the diet was too low, ranging from 10.7 to 70.2 percent of the amounts recommended by the National Research Council.

Vitamin B₁, sometimes called the morale-building vitamin, should be included in the industrial worker's breakfast. This vitamin stimulates lagging appetites, is essential for good digestion and energy, for protection of nerves, and for well-being. The active worker can include ham, bacon, or sausage for this vitamin. Whole grain or enriched breads and cereals are another source of B₁.

E is for Egg -- Egg is for Excellent breakfast! Eggs are a protein food, which adds to the staying power of breakfast. Eggs are a good tissue-building food and supply minerals such as iron, as well as vitamins A, D and B₂. When eggs are plentiful, eat one a day.

Well-fed workers are healthier, happier, more efficient workers. If you want to get off to a good start for your day at work -- and play -- remember to break your fast with a good breakfast. Get that vitalizing "pep" and energy at the beginning of the day, when your body is in need of refueling.

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